

MH19D14539

# Becoming a Smoke-Free Family



# Tobacco Abuse Can Harm Your Family



**Children who breathe in cigarette smoke are more likely to suffer from**


- ▲ Asthma
- ▲ Pneumonia
- ▲ Ear Infections
- ▲ Colds

**Adults who breathe in smoke from cigarettes have a higher risk of**

- ▲ Lung Cancer
- ▲ Heart Disease
- ▲ Asthma

# Children Learn By Watching Adults

- ▲ Children of smokers are more likely to become smokers themselves.
- ▲ You are a role model for children in your life.
- ▲ Teach children to respect traditional tobacco use and avoid tobacco abuse.



**For more  
information or help to  
quit smoking contact**

Your doctor, caregiver  
or local tribal health clinic

California Smokers' Helpline  
1-800-662-8887

American Lung Association  
1-800-LUNG-USA

American Cancer Society  
1-800-ACS-2345





# Protect Your Family

*Create a smoke-free  
home and car*

- ▲ Ask others not to smoke in your house or car. Tell them it is for your children's health.
- ▲ Get rid of ashtrays.
- ▲ Put up a sign to show that your home is smoke-free.
- ▲ If you smoke, smoke outside, away from your children.
- ▲ Ask your tribe to adopt a no-smoking resolution.



Artist: Lyn Rising



# Benefits of Creating a Smoke-Free Home

- ▲ Your family will be healthier
- ▲ Your children will be less likely to start smoking
- ▲ Your risk of fires and accidental burns is lower
- ▲ Your furniture and walls will stay cleaner
- ▲ Your hair and clothing won't smell like cigarettes
- ▲ Your guests will enjoy the clean, healthy environment
- ▲ You will be honoring and respecting our native traditions



**Protect your family  
and take care of  
yourself!**



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